

Water – Drink Up!

Water has major functions in the body. Drinking enough water is an important part of a healthy lifestyle and a successful weight management program.



Here are some tips:

- **Sometimes, we feel hungry when we are actually dehydrated.**
- Don't wait for thirst! When you feel thirsty, you have already lost water.
- Always keep a water bottle with you.
- Take "Water Breaks" throughout the day.
- Drink decaffeinated beverages or plain water with meals.
- Don't skip the water fountain – always take a sip.
- If you like cold water, keep a water pitcher in the refrigerator for refills.

How much water do we need?

- The average adult loses about 2 ½ quarts (about 10 cups) of water each day. Therefore, drinking approximately 8–12 cups throughout the day is sufficient.
- Heat, activity and diet (high protein intake, caffeine, alcohol) can increase your need.

How can you make sure you get enough water?

- Check your urine – it should be clear and light-colored.



Dehydration: The Warning Signs

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| • Nausea | • Hoarse voice |
| • Vomiting | • Constipation |
| • Headaches | • Restlessness |
| • Elevated body temperature | • Muscle cramps |
| • Dry lips and tongue | • Infrequent and dark-colored urine |
| • Dry skin | • Light-headedness and loss of energy |
| • Water retention problems | |
| • Muscle or joint soreness | |

